## ABSTRACT OF THE DISCLOSURE

A plastic container is provided. The plastic container has a substantially cylindrical sidewall, a base attached to a lower portion of the sidewall, a finish attached to an upper portion of the sidewall, and a vacuum panel located in the sidewall. The container also has a raised island protruding from the vacuum panel and surrounded by the vacuum panel, cross sectional areas of the island being defined as areas in horizontal planes of the container. The island has an upper portion, a middle portion adjacent to the upper portion, and a lower portion adjacent to the middle portion. A cross sectional area of the middle portion is less than a cross sectional area of the upper portion and less than a cross sectional area of the lower portion.